

## FITNESS CENTER ACTION PLAN 2007

**GOAL 1:** Provide Health/Wellness information to the FT Monroe community.

**STRATEGY:** Create and distribute a monthly health/wellness focus.

**LONG TERM OBJECTIVE:** Improve wellness and physical well being of FT. Monroe population.

**SHORT TERM OBJECTIVES:**

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|--|---------|
| 1. Determine fitness/wellness focus points                     | Mar 07  |
| 2. Utilize web site with Fitness Focus                         | Sept 07 |
| 3. Provide Information Briefings to Commands and Organizations | Oct 07  |
| 4. Conduct customer surveys on site and on line                | Sept 07 |

**GOAL 2:** Enhance Fitness/Wellness Programs.

**STRATEGY:** Market and evaluate programs

**LONG TERM OBJECTIVE:** Introduce, implement, and evolve programming within the Fitness/Sports Program.

**SHORT TERM OBJECTIVE:**

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|--|---------|
| 1. Purchase pedometers for walking program | Mar 07  |
| 2. Update web site                         | Aug 07  |
| 3. Enhance utilization of Fitlinxx         | Sept 07 |

**GOAL 3:** Maintain World Class facility and equipment.

**LONG TERM OBJECTIVE:** Ensure facilities and equipment are operational and well maintained.

**STRATEGY:** Coordinate with contractor personnel and staff to ensure repairs and preventative maintenance are performed.

**SHORT TERM OBJECTIVES:**

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|--|--------|
| 1. Report and repair all equipment in timely manner with goal of no equipment down longer than 24 hours. | Jan 07 |
| 2. Daily facility inspections.   | Feb 07 |
| 3. Purchase carpet cleaning machine/develop cleaning schedule  | Mar 07 |
| 4. Identify and correct necessary facility maintenance and repairs                                       | Mar 07 |